

ABSTRACT

THE CORRELATION BETWEEN MEDICATION ADHERENCE AND THE QUALITY OF LIFE OF DIABETIC PATIENTS (The Study at Mojo Primary Health Care Centre Surabaya)

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This study aimed to determine the correlation between medication adherence and their quality of life at Mojo Primary Health Care Centre (Puskesmas Mojo) Surabaya.

A cross sectional study using simple random sampling technique was conducted. The samples were 54 diabetes mellitus patients at Mojo Primary Health Care Centre Surabaya who met the inclusion criteria. The data was taken using survey method.

In this study, adherence was measured using self-reported Adherence to Refill and Medication Scale (ARMS) questionnaire. The lower score indicated better adherence. Meanwhile, the quality of life was measured using forward-backward translation of Assessment of Quality of Life (AQoL)-4D questionnaire. The lower score indicated good quality of life.

This study was conducted on 54 respondents of diabetic patients at Mojo Primary Health Care Centre Surabaya. The result of the compliance measurement with the ARMS questionnaire was an average total of 15.38 ± 2.82 . Meanwhile, the result of quality of life measurement with AQoL-4D questionnaire was the average total $16,07 \pm 4,69$. The correlation analysis used Spearman test because the distribution of the data was not normal. The results of the Spearman test showed no correlation between medication adherence and quality of life with p value of 0.677 and r value of 0.058. There was a correlation between medication adherence and quality of life with p value of 0,038 and r value of 0,283, and prescription compliance indicated no correlation to quality of life with p value of 0,077 and r value of -0,243. It can be concluded that medication adherence must be improved in order to gain better quality of life.

Keywords: adherence, quality of life, diabetes mellitus, ARMS, AQoL-4D